



# Sandwell Triathlon 2019

## Competitor Information Pack



PERMITTED EVENT  
ORGANISER 2019

Possibly Britain's only Childrens Open Water Road Closure Event

Age Group	Swim Distance	Cycle Distance	Run Distance
Tri Start (8yrs)	50m	1000m short lap	600m to red TSS turn point then to finish
Tri Star 1 (9-10yrs)	150m	2000m 1 lap	1200m to blue TS-1 turn point then to finish
Tri Star 2 (11-12yrs)	200m	4000m 2 laps	1800m to green TS-2 turn point then to finish
Tri Star 3 (13-14yrs)	300m	6000m 3 laps	2400m to yellow TS-3 turn point then to finish
Youth (15-16yrs)	400m	8000m 4 laps	3000m to Purple turn point then to finish
Adult 17yrs+	400m	8000m 4 laps	3000m to Purple turn point then to finish

Please note all distances are approx.

## Basic Information

**Name:** Sandwell Children's Triathlon 2019

**Date:** Sunday 30<sup>th</sup> June 2019

**Place:** Sandwell Valley (*Forge Lane/Park Lane B71 3SX*)

**Registration:** from **8.15am to 9.30am** field near Lake, Swan Pool Carpark

**Transition area:** **8.15 to 9.30** cordoned off section of car park, **competitors only** no parents

**Main Briefing:** at **9.30am**, registration/finish field

**Lakeside Briefing:** at Lake entry 10 minutes before your start

**Finish Line:** field by registration

**Wet suits:** expected to be 20°C +, so **optional or banned** (<14°C compulsory, 14-22 °C optional, >22 °C banned)

**Toilets:** Port-a-loos near car park

**Youths will go first**, at approx. **10.00, then TS-3, TS-2, TS-1, TSS, Adults**

**Swan Pool Car park:** **entry height 2m** no entry/exit for vehicles from 9:30-13:00 (competition completed)  
Parking charges apply, 3 hours - £1.20, 4 hours - £1.60, more than 4 hours - £2

**Changing facilities:** There are no changing facilities at the lake, come with swimwear on

### Items you need

Swim costume (or Tri suit)    Bike  
Swim goggles                      Bike helmet  
Towel                                  Cycling shoes/trainers  
Trainers to run in  
T-shirt or Tri-suit & race belt for race numbers

### Optional Items

Wet Suit  
Transition Towel  
Drink bottle on bike

### Start Times Guide

**Please note:**  
all times stated are a **guide** not fact.

Youth wave 1 approx. 10am  
Scootathon approx. 10.15  
TS-3 wave 2 approx. 10:40  
TS-3 wave 3 approx. 11.00  
TS-2 wave 4 approx. 11:20  
TS-1 wave 5 approx. 11:35  
TS-1 wave 6 approx. 11:50  
TS-S wave 7 approx. 12:00  
Adult wave 8 approx. 12:15

## Important information

- Bikes on roof: 2mtr height restriction on swan pool & Forge Mill carparks.
- If need to get away early after event don't park in swan pool carpark.
- Do not put wet suit on until informed to do so as you are likely to overheat.
- Transition setup, Bike and helmet inspection will be carried out at transition entrance. Have sticky number on bike (*on a brake or gear cable*) and helmet, and your helmet correctly fitted before going to transition. The Helmet check is quite simple - you should be able to get two fingers between the strap and your chin and if you can fit three then the helmet is too loose. **Please sort before arriving at Transition.**

## Format for the day

### At Registration

1. Find your name/race number on the Race Number board. If not known.
2. Go to registration desk. (*BTF members must show your membership card*).
3. You will receive your race pack and offered safety pins if required.
4. Move along to number marking to have your race number written on to your left arm and leg.
5. Parents fill in photo permission form and take a permission sticky label.
6. Parents fill in name and medical info on rear of race number
7. Put race chip on left ankle (*we suggest adding a safety pin to small children's timing chip strap*)
8. Pin race numbers onto T-shirt or race belt
9. Put sticky numbers on front of helmet, inside wetsuit and on bike
10. Put helmet on and check it fits correctly (*only can get two fingers under strap easily*)
11. Go to Transition and set up bike/ helmet/run shoes in age group allocated section.
12. At 9.30 am attend briefing near finish area.
13. Get changed into wetsuit etc when announced and go to competitor holding area when called.
14. Don't forget to collect your bike, Wet suit etc from Transition **after event finishes** (*will need to show race number as proof of ownership*)

### Race Pack includes:

- 2 \* Race Numbers
- 1 \* swim hat
- 3 \* sticky labels (*for helmet, wetsuit and bike*)

Also you will be given your race chip.

## Race Format

Get changed and be ready 20 minutes before guide start time. Youths need to go straight to the holding area following the race briefing. Scootathon competitors get ready at side of run out matting whilst youths swim. Once last youth out we do scootathon. TS3 go to holding area whilst scootathon in progress. All other Age categories go to holding area as soon as previous wave enters water.

Your race time is from start signal to when you cross the finish this includes;  
Swim, go to Transition, take wetsuit off, put helmet off, ride bike finishing back in Transition, run to your turn around cone and back to finish line.

Medal, drinks and a goody bag awaits you at finish area.  
Presentation at finish area once all results confirmed.

## DIRECTIONS TO THE EVENT AND PARKING

### CAR PARKING:

Competitor car park is at Swan Pool on Forge lane. **B71 3SX** *note: due to road and carpark closure cars parked here will not be allowed to be moved after 9.45am until the road closure has been removed. If no delays hopefully about 1pm-1.30pm.*

### Additional car parking

In addition there are 82 spaces + 5 disabled at Forge Mill . **B71 3SZ** 4 minutes walk away.

### Alternate car parking

Via Salters Lane West Bromwich **B71 4BG** If you wish to leave early or other carparks are full. This is 10/15 minutes walk away. Follow signs for swan pool.

### From the South

Its 2.3miles away (approx. 7 minutes) from M5 junction 1

1. Exit M5 at Junction 1
2. At the roundabout, take the 4th exit onto Birmingham Rd/A41 towards West Bromwich Albion ground and Birmingham.
3. Go past Albion ground on right, McDonalds on left
4. Take sharp left into Park Lane after the pedestrian lights it's the only turning on the left and well sign posted, Sandwell valley. 1.4 miles
5. Follow Park lane through valley until you reach the car park on Left. It's the only left. Swan pool Car park is next to lake.  
*Forge Lane/Park Lane B71 3SX*

### From the North

Its 2.7miles away (approx. 5 minutes) from M6 junction 7,

1. Exit M6 at Junction 7
2. Head northwest on Chapel Ln towards Birmingham Rd/A34 371 ft
3. Turn right onto Birmingham Rd/A34 0.8 miles
4. Turn right onto Newton Rd/A4041 1.7 miles
5. Turn left onto Forge Ln just before motorway bridge 0.4miles
6. Continue onto Park Ln 0.4miles
7. Swan Pool Lake & Car Park will be on the Right

## Additional Information

### **REGISTRATION: 8.15am to 9.30am (follow signs).**

Find your race number from the list (see attachment) or on display board near registration. Go to the registration table, tell your number (show Triathlon race licence if you have one) you will be given your race pack & race chip. You will be asked to confirm whether there is anything about your health that our first aiders should know about, should you have an accident or feel unwell. Next have your race number written onto both your right calf and upper arm.

### **PHOTOGRAPHY:** at second registration desk.

On the advice of the police, we ask that anyone who wishes to take photographs or video footage of the Triathlon should register your name, address and phone number. We will then issue you with a pass. Anyone taking photographs or video footage without a pass risks being reported to the police. Please understand that we have to take these precautions in the interests of your children's safety.

### **BTA DAY MEMBERSHIP**

Everyone who competes at a BTA sanctioned event must be either a full member or a day member of the Association. The day membership signs all competitors up to the rules and regulations of the BTA and provides them with civil liability insurance cover to the limit of £5 million. See attachment if paid for.

If you are a BTA member, please bring your race licence with you and present it at registration.

All of the entrants have stated whether or not they have a race licence, if you do not produce your licence but have it listed on the entry we will ask you to pay for a day licence. No exceptions!

REMEMBER YOUR RACE LICENCE

### **RACE PACKS:**

Inside will be your 2 race numbers, swim cap, 3 sticky labels,

One Race Number for your front and one for your back. It is very important that the numbers are clearly visible and not cut or folded in any way. A sticky label for bike (*on a brake or gear cable*) front of helmet, and inside wetsuit. **NB. Fill in the details on the reverse of race number in permanent ink.**

### **Refund Policy:**

There will be no refunds for drop outs after June 1<sup>st</sup> (*possible option of Transfer to 2020 Event*)

### **RACE BRIEFINGS:**

Are compulsory. We request that competitor's parents also attend the Main Briefing.

**Main Race Briefing:** at **9.30am** finish line area

**Lakeside Briefing:** at Lake entry 10 minutes before your start (*competitors only*)

### **TRANSITION AREA: 8:15 TO 9:30AM then after last competitor finishes**

Only competitors allowed in transition area. Put sticky numbers on bike and helmet and put helmet on before going to transition. A Bike and helmet inspection will be carried out at transition entrance.

Racking order will be in age categories with NO specific numbering, just pick a spot and remember where it is.

TRANSITION AREA MUST BE KEPT TIDY. Race number or identification **MUST** be shown for removal of your belongings with no exceptions. Again, only competitors are allowed back into transition. No athlete is to move any other competitor's equipment. If you have any issues speak to Transition Marshals. Your handlebars must not have bare open metal ends. Only TS-3 & older may have Aero bars fitted (*Tri bars*). Brakes must work satisfactory. The Marshals will be happy to give advice to any competitor unsure about location or how to set up

their transition or lifting bike onto racking. If helmet fit/bike safety fail inspection you will be asked to move away from the inspection area then join the rear of the inspection Queue once corrected.

### SPECTATOR VIEWING AREAS:

**Lake side:** Stay behind barriers and clear of pathed lifeguard area.

**Car park:** Stay behind barriers and clear of competitor route through car park.

**Park Lane:** Stay off roadway. Use pavement and grass verges.

### THE SWIM:

**Do not put wet suit on** until informed to do so as you are likely to overheat.

Please be ready and waiting at the competitor waiting area near the lake entry/exit 15 minutes before your estimated start time. After a final briefing and water acclimatisation you will be asked to swim out to start line (*between two buoys*). You will be told when you have 1 minute to go, then 10 seconds. I suggest at 10 second warning you get horizontal on the water. The start is from an air horn.

You swim clockwise up and around Red buoys (TSS -1<sup>st</sup>, TS1 - 2<sup>nd</sup>, TS2 -3<sup>rd</sup>, TS3 -4<sup>th</sup>) and back going around yellow buoy 7 to exit ramp. Youths swim anticlockwise around small buoys 2, 1 then 7.

### TRANSITION

The clock starts at the beginning of the swim and does not stop until you have finished the run, so quick transition changeovers are important.

Exit via ramp and run up carpet matting and down pathway into transition (*suggest you undo wetsuit partially on way*). Drop hat in bucket and Run along rear of transition until you reach your row and bike, remove wetsuit and goggles and leave tidy in your area. Put shoes on, T-shirt if using or Tri belt (*number facing rear*). Don't spend too long getting dried, you could put a little talcum powder in your shoes, this makes it easier to put wet feet in. Put helmet on and fasten before removing bike from racking (**do not remove bike before helmet is fastened**). Push bike through transition and along carpark to bike mount line before mounting your bike. (**if seen mounting early expect a time penalty**). Items can only be collected from transition by the competitor after the last competitor finishes. You will need your race number as proof of who you are.

### THE CYCLE

**THIS A NON-DRAFTING CYCLE RACE PLEASE REFER TO THE B.T.F RULEBOOK REGARDING PACING / DRAFTING**

Once passed the MOUNT LINE you will be able to ride out of car park on the RIGHT HANDSIDE OF THE ROAD, through a small coned area allowing access onto the cycle route. This coned area will allow safe passage to join/leave the cycle route and also manage other riders passing. The road climbs up a long incline before reaching the 180 turn around a cone and then down the slight incline with a few windy turns to the second 180 turn around. There will be a marshal recording your laps but It WILL BE YOUR OWN RESPONSIBILITY TO COUNT YOUR LAPS. INSUFFICIENT LAPS WILL LEAD TO YOU BEING DISQUALIFIED. Once you have completed the required amount of laps leave the cycle course by exiting by the coned exit point back into the car park ensuring you dismount before the DISMOUNT LINE.

THE BIKE COURSE IS A 2km Loop (1KM for TSS)

THE BIKE COURSE IS ON AN ALL TARMAC PUBLIC ROAD SURFACE closed to vehicles.

PLEASE LISTEN AND DO WHAT THE MARSHALS INSTRUCT YOU TO DO.

There will be an adult draft marshal riding around with you to make sure your not drafting. If he warns you for drafting back off or overtake. If you continue to ignore the draft marshal's warnings expect a time penalty or even disqualification.

## The RUN

Once you have racked your bike and removed helmet you will exit TRANSITION by again running along rear of transition to close to where you ran in earlier. Then back up the ramp (heading to lake) where you will take a right hand turn to run around the lake etc. YOU MUST THEN RUN ON THE LEFT HAND SIDE for the remainder of the run course. The run will be out and back to the required turnaround cone. These will be clearly marked as Youth, TS-3, TS-2, TS-1, TSS, as the event goes on the marshals will be moving back closer to the finish line.

The finish line will be a left hand turn on to the grass area close to registration.

Children will remain in sight of a marshal at all times.

**PRESENTATION-** WILL BE A SHORT TIME AFTER THE LAST COMPETITOR CROSSES THE FINISH LINE. THIS WILL BE LOCATED BY THE FINISH LINE.

- **THE COURSE IS ON TARMAC SURFACE.**
- **PLEASE BEWARE THAT THIS IS A PARK AND WE DO NOT HAVE CLOSED PATHS. PLEASE TAKE CAUTION WHEN RUNNING AND MINDFUL OF OTHER USERS.**
- **TOILETS- WE HAVE HIRED PORTALOOS WHICH WILL BE SITUATED ON THE ACCESS ROAD BY THE BOAT HOUSE / NEAR TO CYCLE ROUTE.**
- **WE HAVE NO CHANGING FACILITIES OR SHOWERS. PLEASE COME PREPARED**
- **Instant individual times (excluding any penalty times) will be available from the Stu Web Timing Van near finish area.**

## RACE RULES

The event will be held under the rules of the British Triathlon Federation. Under these rules it is mandatory that all competitors must wear an approved helmet, that all cycles must be in a road worthy condition and that all competitors are insured by third party civil liability insurance – BTF Members are insured as part of their membership package and all other competitors will be required to purchase a Day License from the BTF. If you require further information about Race Rules, please visit [www.britishtriathlon.org](http://www.britishtriathlon.org) or contact the British Triathlon Federation on 01509 226161

## GENERAL RULES

- Listen to the race officials and always do as they tell you.
- Only race officials are allowed to help you during the race.
- There must be no cycling whilst on the site of the event, unless an approved helmet is being worn and securely fastened at all times.
- Your race number must be clearly visible at all times to officials. Only if we can see your number can we ensure you get a correct finishing time. Preferably the number should be secured to the front and rear of your top by safety pins at all 4 corners. You may wear a race belt, as long as your number is clearly visible and facing rear for cycle and front for running.
- You can Draft within the swim and run but not in the Cycle.
- Suitable footwear must be worn - NO BARE FEET PERMITTED
- You must be wearing the minimum of a swimsuit and T-shirt/vest during the bike and run sections.
- Tri Suit and number belts are permitted.
- Wet suits are optional if water temperature is between 14 and 22 degrees.
- If there is anything that you do not understand then please ASK.
- You compete as an individual. No outside assistance permitted, neither physical or verbal. (*time penalties or even disqualification will be handed out for cheating*).
- Please encourage them and others on but do not “tell them how to cycle, change bike gear, do transition, or advice about laps or position compared to others. The referee has a lot of eyes out on the course (*dedicated Marshals to assist her*) and your child will not thank you for getting them a penalty during their race or added on later.

## USEFUL TIPS

### GENERAL

- Your last meal should be two to three hours before your start time. It should be light and plain.
- Have a drink and eat something soon after completing the event. This will replace the energy you used and help you to recover quicker.
- Pace yourself and most of all ENJOY YOURSELF!
- Arrive in good time.
- If using goggles use a 'regular' pair, don't risk new goggles unless you are sure of the fit.
- Do warm-up before starting, and do some simple flexibility exercises, this helps to avoid any strains later on.
- The clock starts at the beginning of the swim and does not stop until you have finished the run, so quick changeovers are important.
- Don't spend too long getting dried - you will dry out quickly when you start your run section.
- Put a little talcum powder in your running shoes, this makes it easier to put wet feet in.
- Make sure your laces are loose enough to slip your feet in. Instead of tying laces, consider buying lock-laces that will hold your laces tight. These are often found on anoraks and rucksacks and can be bought in Tri shops and hardware shops.

**Regards from everyone at Oldbury Swimming & Triathlon Club.**